GOURMET RECIPES

Curry Lentil Soup with Turmeric

An easy and tasty recipe for curry lentil soup, a vegan dish prepared with tomatoes, turmeric and ginger: spicy and very easy to make.

January 25, 2017

TYPE OF DISH	DIETARY CONSIDERATION	SERVES FOR	TOTAL TIME
SOUP	VEGAN	4	0 HR 55 MIN

Preparation

- To prepare the **curry lentil soup** first fry the **onion**, **chilli**, **ginger** and **turmeric** in hot oil.
- Add the **curry powder** and fry for a few

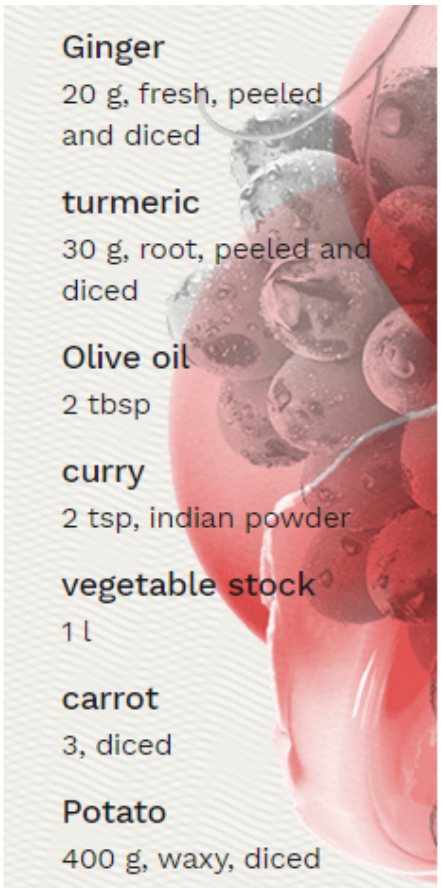
INGREDIENTS

Onion
1, diced

chilli pepper
1 red, finely chopped

minutes.

- Quench with the **stock** and add the **carrots** and **potatoes**.
- Simmer for around 10 minutes.
- Add the **lentils** and the **tomatoes** to the soup and cook for another 10-15 minutes so that the lentils are al dente.
- Season the **curry lentil soup** with **salt** and **ground black pepper** and serve garnished with **parsley**.



Ginger
20 g, fresh, peeled and diced

turmeric
30 g, root, peeled and diced

Olive oil
2 tbsp

curry
2 tsp, indian powder

vegetable stock
1 l

carrot
3, diced

Potato
400 g, waxy, diced

lentils
150 g, yellow, rinsed

Tomato
200 g, cherry, halved

Parsley
2 tbsp, chopped

RELATED

COOKING TIPS

Pasta frittata with rocket

COOKING TIPS

Fish Baked in Salt Crust with Lemon and Thyme

GOURMET RECIPES

Salt crusted beetroot, caviar recipe by Mauro Colagreco

SEARCH RECIPES

By top chef's name, ingredient or type of dish

OR

BROWSE BY CATEGORY →

GOURMET RECIPES

Classic Mojito

NEXT RECIPE

FINEDINING
LOVERS
BY S.PELLEGRINO & ACQUA PANNA